

# CORDILLERA ADMINISTRATIVE REGION: (CAR)

Lesson 1

## INTRODUCTION

- **Cordillera Administrative Region**, or **CAR**, is an administrative region in the Philippines occupying the northern-central section of Luzon.
- It is the country's only land-locked region. It has a mountainous topography and dubbed as the "Watershed Cradle of North Luzon"



- CAR** covers **6 provinces**, namely: Abra, Apayao, Benguet, Ifugao, Kalinga, and Mountain Province.

Province or M.U.C.	Capital	Population (2020 estimate) <sup>[1]</sup>	Area <sup>[2]</sup>		Density	Cities, M.u.s, Barangays
			Km <sup>2</sup>	Hq. msl		
Abra	Benguet	13.7%	247,802	4,198.72	59	150
Apayao	Kalinga	6.9%	123,848	4,502.33	28	73
Benguet	La Trinidad	48.6%	646,562	2,703.06	310	600
Ifugao	Lagawe	11.7%	210,669	2,518.51	60	210
Mountain Province	Tublay	12.2%	220,239	3,282.04	67	170
Mountain Province	Bontoc	8.7%	156,986	2,389.43	66	170
Educa	—	20.6%	370,218	57.51	22,20	6,400
Total			1,722,006	19,818.12	7,651.82	87

<sup>[1]</sup> Baguio is a highly-urbanized city figures are excluded from Benguet.

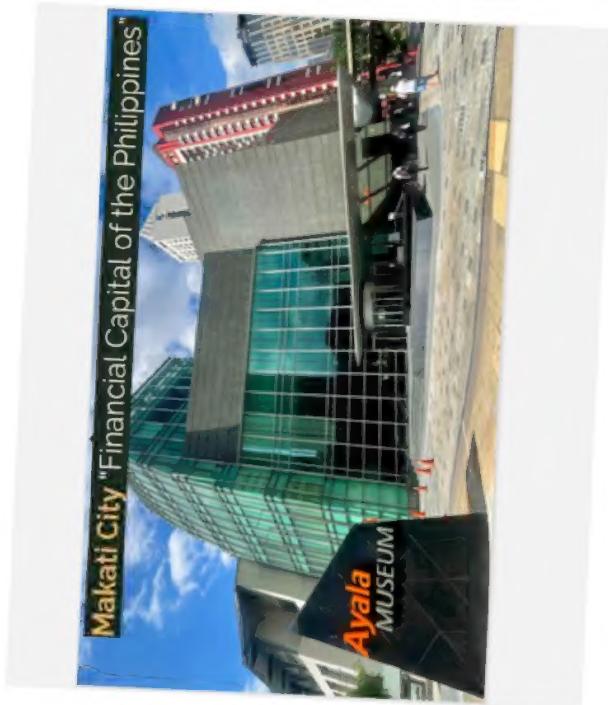
## HISTORY

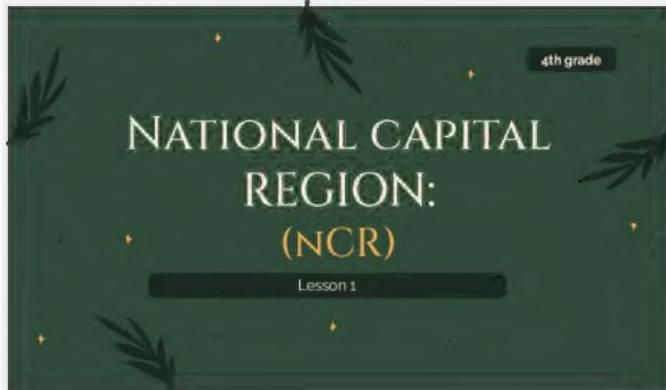
- July 15, 1987 → Executive Order No. 220 was issued creating the Cordillera Administrative Region.
- October 23, 1989 → Republic Act No. 6766 was passed. Providing for an Organic Act for the Cordillera Autonomous Region.
- January 30, 1989 → Plebiscite was done. It was only Ifugao which voted favorably.
- January 1998 → A group of lawyers challenged the constitutionality of the act.
- March 9, 1998 → A plebiscite was held and invalidated the act. The region was created but reduced to a regular administrative region.
- December 22, 1997 → Republic Act No. 8438 was signed and created the Cordillera Autonomous Region.

## LOCATION

- It is bounded on the North by Cagayan, on the East by Isabela and Nueva Vizcaya, on the South by Pangasinan and on the West by La Union, Ilocos Sur and Ilocos Norte.







### LOCATION

- NCR is bordered by the provinces of Bulacan to the north, Rizal to the east, Cavite to the south-west and Laguna to the south. Manila Bay lies to the west and Laguna de Bay to the south-east.

A map of the National Capital Region (NCR) showing its location relative to surrounding provinces and bodies of water. The region is highlighted in red and labeled "METRO MANILA". It is bordered by Bulacan to the north, Rizal to the east, Cavite to the south-west, and Laguna to the south. Manila Bay lies to the west and Laguna de Bay to the south-east.

### NCR

- It covers 1 municipality, as well as 16 highly urbanized cities. The 16 cities include Caloocan, Malabon, Navotas, Valenzuela, Quezon City, Marikina, Pasig, Taguig, Makati, Manila, Mandaluyong, San Juan, Pasay, Parañaque, Las Piñas, and Muntinlupa.
- Pateros is the lone municipality in the region.

A detailed map of the National Capital Region (NCR) showing its 16 highly urbanized cities and surrounding bodies of water. The cities are color-coded and labeled: CALOOCAN (INORTE), VALENZUELA, QUEZON CITY, MARIKINA, PASIG, TAGUIG, MAKATI, MANILA, MANDALUYONG, SAN JUAN, PASAY, PARAÑAQUE, LAS PIÑAS, and MUNTINLUPA. The region is bounded by MANILA BAY to the west and LAGUNA de BAY to the south. The map also shows the location of PATEROS. The word "MAP NCR" is printed at the bottom left of the map.

### INTRODUCTION

- **National Capital Region**, officially designated as *NCR*, and also known as Metropolitan Manila is the country's political, economic, and educational center.
- It is the only region in the country without any province.



**Introduction**

Region II or the Cagayan Valley is the second largest region in the Philippines, with a total land area of 26,388 sq km.

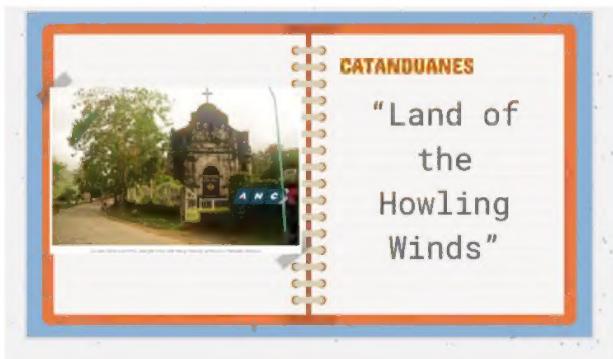
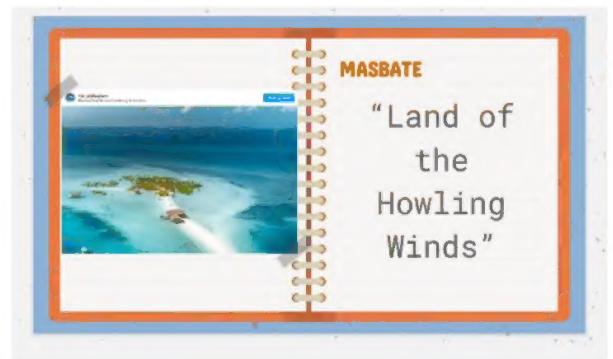
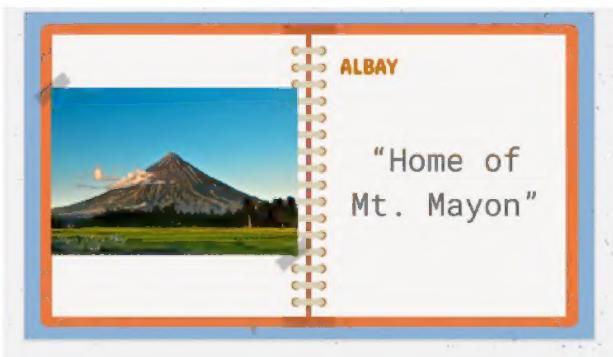
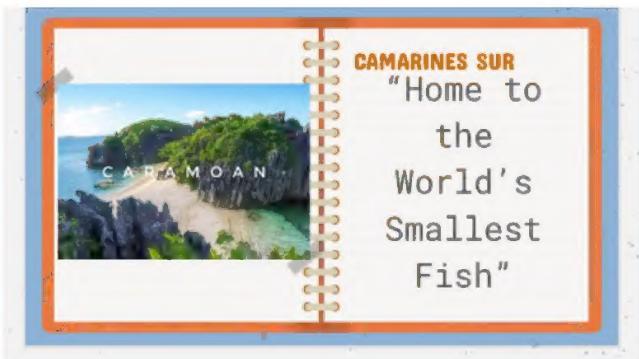
A small red arrow points from the text box to the Cagayan Valley area on the map.

**LOCATION**

CAGAYAN VALLEY is located at the most northeastern part of the Philippines. It is bounded to the west by the Cordillera mountain range, to the east by the Sierra Madre, to the south by the Caraballo Mountains, & to the north by the Luzon Strait.

A large red arrow points from the text box to the map, highlighting the Cagayan Valley area.

 <p><b>MARINDUQUE</b> "The Lenten Capital"</p> <p><small>Photo from: <a href="http://www.philippinesinfo.com">http://www.philippinesinfo.com</a></small></p>	 <p><b>OCCIDENTAL MINDORO</b> "The Marine Wonderland"</p> <p><small>Apri Reed. Source: <a href="http://www.cultureandcolonialism.com">http://www.cultureandcolonialism.com</a></small></p>
 <p><b>ROMBLON</b> "The Marble Capital"</p> <p><small>Mt. Dalig-Celing. Source: <a href="http://www.philippinesinfo.com">http://www.philippinesinfo.com</a></small></p>	
 <p><b>ORIENTAL MINDORO</b> "The Loveliest Harbor in the Island"</p> <p><small>Patio Galore. Source: <a href="http://www.philippinesinfo.com">http://www.philippinesinfo.com</a></small></p>	 <p><b>PALAWAN</b> "Home of the New Seven Wonders of Nature"</p> <p><small>El Nido. Photo by: <a href="http://www.7wonders.net">http://www.7wonders.net</a></small></p>



### LOCATION

It is an archipelagic having no land border with another region. It is bounded in the north by CALABARZON and Verde Island; in the southeast by Bicol region & Pacific Ocean; in the south lies Panay islands and on the west is South China Sea.

### HISTORY

#### MIMAROPA: A TIMELINE

May 11, 2002  
Executive Order No. 940 which established the Southern Mimaropa Region (7A) to be administered by the Regional Development Authority (RDA) for the development of MIMAROPA.

May 29, 2006  
Executive Order No. 1000 which merged the Southern Mimaropa Region (7A) and the Calabarzon Region (7B) into the new MIMAROPA Region.



August 16, 2006  
Executive Order No. 1007 which established the Regional Development Authority (RDA) for the MIMAROPA Region.

May 2008  
As of May 2008, Puerto Princesa City is the 127th most populous city in the Philippines.

### POLITICAL DIVISIONS

Province or LGU	Capital	Population (2020) <sup>[4]</sup>	Area	Density	Cities	Muni.	Barangays			
		•	km <sup>2</sup>	• sq mi	km <sup>2</sup>	/sq mi				
Marinduque	Bacon	7.4%	239,207	952.59	247.79	230	450	8	6	216
Occidental Mindoro	Mambajao	16.3%	525,354	5,865.79	2,244.76	98	230	0	11	162
Oriental Mindoro	T. Calagian	26.1%	998,339	4,238.40	1,636.46	210	540	1	14	426
Palawan	Puerto Princesa	29.1%	939,394	14,449.70	5,856.28	64	170	0	23	367
Romblon	Romblon	9.6%	308,965	1,533.50	192.09	200	520	0	17	219
Puerto Princesa	—	9.5%	307,079	2,381.02	119.32	130	340	—	—	66
Total		3,226,558	29,620.90	11,436.49	110	280	2	73	1,658	

T Puerto Princesa is a highly-urbanized city pursuant to Presidential Proclamation No. T-264.<sup>[5]</sup> Figures are excluded from Palawan.

### TOURIST SPOTS

MIMAROPA is one of the busiest regions in terms of tourism. It has all kinds of scenic spots one can ask for. From forests, to white sand beaches, to rock formations and mountain peaks, to diverse marine life.

### HISTORY

The Bicol region was known as Ibalong, variously interpreted to derive from "Ibalio" - "to bring to the other side"; "ibalon" - "people from the other side" or "people who are hospitable and give visitors gifts to bring home".

### HISTORY

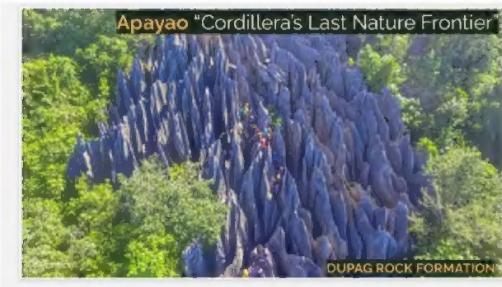
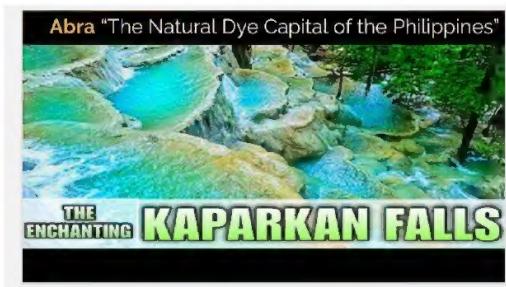
The Bicol River was first mentioned in Spanish documents in 1572. It was also called Los Camarines after the huts found by the Spaniards in Camalig, Albay. The Aeta from Camarines Sur to Sorsogon strongly suggest that aborigines lived there long ago.

### POLITICAL DIVISIONS

Province	Capital	Population (2020) <sup>(1)</sup>	Area <sup>(2)</sup> km <sup>2</sup>	Area <sup>(2)</sup> sq mi	Density /km <sup>2</sup>	Cities	Mun.	Barangay		
Albay	Legazpi City	22.6%	1,374,768	2,374.91	934.16	530	1,400	3	15	720
Camarines Norte	Daet	10.4%	629,699	2,277.93	679.51	280	730	0	12	282
Camarines Sur	Pili	34.5%	2,068,246	5,511.90	3,726.16	380	960	2	35	1,063
Catanduanes	Virac	4.9%	271,879	1,492.16	576.13	180	470	0	11	315
Masbate	Misibite City	14.9%	908,820	4,138.56	1,597.91	220	570	1	21	550
Sorsogon	Sorsogon City	13.6%	626,655	2,119.01	818.15	390	1,000	1	14	541
Total		5,092,160	18,114.47	8,394.84	346	280	7	107	3,471	

### TOURIST SPOTS

Bicol Region is a destination suitable for all with its historical sites, eco-tourism and watersports. Let's not forget about the whale sharks and manta rays, which is something that Bicol is famous for.



### TOURIST ATTRACTION

ILOCOS NORTE "Northern Gateway of the Philippines"



### TOURIST ATTRACTION

PANGASINAN "Salt Making Capital of the Philippines"



### TOURIST ATTRACTION

ILOCOS SUR "Heritage Haven of the Far North"



### TOURIST ATTRACTION

LA UNION "The Surfing Capital of the North"



## Region 3 – Central Luzon

The region contains the largest plain in the country and produces most of the country's rice supply, earning itself the nickname "Rice Granary of the Philippines". Its provinces are: [Aurora](#), [Bataan](#), [Bulacan](#), [Nueva Ecija](#), [Pampanga](#), [Tarlac](#) and [Zambales](#).



Central Luzon Region is located north of Manila, the nation's capital. Bordering it are the regions of Ilocos, Cordillera Administrative Region and Cagayan Valley to the north; National Capital Region, CALABARZON and the waters of Manila Bay to the south; South China Sea to the west; and the Philippine Sea to the east.

There are fourteen cities which include: Balanga in Bataan; Malolos, Meycauayan and San Jose del Monte in Bulacan; Cabanatuan, Gapan, Muñoz, Palayan and San Jose in Nueva Ecija; Angeles, Mabalacat and San Fernando in Pampanga; Tarlac in Tarlac; and Olongapo in Zambales. Central Luzon produces the most rice in the whole country. Excess rice is delivered and imported to other provinces of the Philippines.

### REGION III CENTRAL LUZON

Central Luzon (Filipino: Gimnang Luzon, also known as Region III) is an administrative division or region of the Republic of the Philippines, primarily serve to organize the 7 provinces of the vast central plain of the island of Luzon (the largest island), for administrative convenience. The region contains the largest plain in the country and produces most of the country's rice supply, earning itself the nickname "Rice Granary of the Philippines". Its provinces are: Aurora, Bataan, Bulacan, Nueva Ecija, Pampanga, Tarlac, and Zambales.



### Central Luzon Compose of the ff Provinces

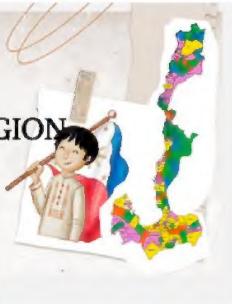
Province or Munic.	Capital	Population (2010) <sup>(1)</sup>	Area <sup>(10)</sup> km <sup>2</sup> • sq mi	Density km <sup>2</sup> • sq mi	Cities	Muni.	Borough
Aurora	Baler	1.9% 236,750	3,133.40 1,209.81	75 190	0 8	— 151	
Bataan	Balanga	6.9% 653,373	1,372.98 539.11	420 1,080	1 11	— 237	
Bulacan	Malolos	29.9% 3,708,860	2,783.69 1,074.79	1,300 3,480	3 21	— 566	
Nueva Ecija	Palayan	18.6% 2,310,134	5,689.69 2,196.80	410 1,100	5 27	— 849	
Pampanga	San Fernando	19.6% 2,437,709	2,001.22 772.68	1,200 3,100	2 19	— 505	
Tarlac	Tarlac City	12.1% 1,563,466	3,053.60 1,179.00	400 1,300	1 17	— 511	
Zambales	Iba	5.2% 648,615	3,645.83 1,407.66	168 470	0 13	— 230	
Angono City	—	3.7% 462,528	69.27 23.27	7,705 20,000	— —	— 33	
Olongapo	—	2.1% 260,317	185.00 71.43	1,400 3,600	— —	— 17	
Total		12,422,172	22,014.63 8,469.90	568 1,580	14 196	— 3,982	

(1) Angeles and Olongapo are highly-urbanized cities; figures are excluded from Pampanga and Zambales respectively.

# REGION 1

## THE ILOCOS REGION

### LESSON 1



#### LOCATION

- The Ilocos Region lies on the northwestern coast of Luzon.
- In its eastern borders are Cordillera Administrative Region and Cagayan Valley, Central Luzon in south, and to the west north is the West Phil. Sea.
- Its strategic location has made it the gateway to East Asia.



#### HISTORY

- 1571- The Spanish Conquistadors began looking for new sites to conquer led by Juan de Salcedo.
- June 13, 1572- Salcedo and his men landed in Vigan, and were surprised to see numerous sheltered coves ("iloc")
- Named the region "Ylocos" and the people "Ylocanos"



#### POLITICAL DIVISIONS

- Ilocos Norte- Laoag City
- Ilocos Sur- Vigan City
- La Union- San Fernando City
- Pangasinan- La Union

Table 3. Total Population by Province Based on Various Censuses: Region I - Ilocos

Province	2000	2010	2015	Total Population
Ilocos Norte	514,241	568,017	593,081	609,588
Ilocos Sur	594,206	656,587	689,668	709,009
La Union	49,771	54,741	59,493	62,332
Pangasinan	2,434,066	2,779,862	2,956,729	3,163,590

Source: Philippine Statistics Authority

#### HISTORY

\*There are two distinct versions as to where the word "Ilocos" originated. In Isabela de los Reyes' *'Historia de Ilocos'* (1863), he said that it evolved from the word "iloy" (river).



\*Ilocos means "people in the river," very much like the Tagalog's "tagu-tag" which referred to the early settlers living along riverbanks.



### 1. Nueva Ecija

#### HISTORY

- In 1705, Spanish Governor General Fausto Cruzar created the province and named it Nueva Ecija after his hometown Ecija in Seville, Spain.
- In 1808, Nueva Ecija annexed a long strip of territory facing the Pacific Ocean in the east that extended from Palawan (now in Isabela) in the north to Infanta in Tayabas (now Quezon) in the south.

#### MAJOR INDUSTRIES

- Its principal crops are rice, corn, and onion. The province is often referred to as the "Riceland of the Philippines." Other major crops are mango, banana, eggplant, and garlic.
- Fishponds are unevenly distributed.
- Nueva Ecija is one of the top producers of agricultural goods in the throughout the province but the largest concentrations are in San Antonio, Sta. Rosa, and Cuyapo.
- Several areas have mineral deposits. Copper and manganese have been found in Gen. Timo, Carranglan, and Patabangan. The upper reaches of Carranglan and Pulyan are said to contain gold.

### 3. AURORA

- Baler was a part of Nueva Ecija until 1907, when it was ceded to Tayabas (now Quezon province). During the Commonwealth period, when President Quezon unexpectedly visited Binondo, he named it Aurora in honor of his wife.
- In 1951, municipalities now comprising the province were organized into Aurora, then a sub-province of what had become Quezon. The municipality of Aurora was changed to Maria Aurora.
- On August 13, 1979, Aurora became a separate province by virtue of Batas Pambansa No. 7.

Aurora is a Sanctuary Of Nature's Splendor. Beyond the lush forest of the Sierra Madre mountains lies a splendid land so unbelievably rich and untouched Aurora, otherwise known as the "Sanctuary of Nature's Splendor."

Aurora has a total land area of 308,122 hectares. Its main link to the rest of Luzon is a narrow mountain gravel road twisting across the Sierra Madre mountain ranges between Baler and the municipality of Bongabon in Nueva Ecija.

### 2. PAMPANGA

#### HISTORY

- Pampanga was already the site of thriving settlements along riverbanks or "pampang" before the Spaniards came. The inhabitants were referred to as "Kapampangans" or "the people by the river bank."
- Upon exploration by Martin de Goiti, Pampanga was established in 1571. In 1754, a strip from Dinalupihan to Orion was ceded to Bataan.

In 1848, the province lost five towns to Nueva Ecija, and San Miguel to Bulacan. By 1860, its northern district was made into a separate comandancia. This district was made a part of Pangasinan in 1874, and the towns of Mabalacat, Magalang, Porac, and Floridablanca were returned to Pampanga.

#### BATAAN

#### HISTORY

- Bataan was established in 1754 by Governor General Pedro Manuel Arandia out of territories belonging to Pampanga and the corregimiento of Mariveles, which at the time included Maragondon in Cavite across the bay.

The province had had more than its share of significant historical events. In 1647, Dutch Naval Forces attempting to invade the country perpetrated the Abucay massacre in one of its towns. In the late 1700s, the dreaded Chinese private Limahong used Lusong Point on the western sides as the landing place to launch his conquest of Luzon. In the Philippine Revolution of 1896, Bataan joined the other provinces in Luzon, which revolted against Spanish rule.

### TARLAC

#### HISTORY

- Tarlac's name is derived from a talahib weed called "MALATARLAK".
- Tarlac was originally a part of the provinces of Pampanga and Pangasinan. It was last province in Central Luzon under the Spanish administration in 1874. During the Philippine revolution of 1896, Tarlac was among the first 8 provinces to rise against Spain.

#### GEOGRAPHY

- The province is situated at the center of central plains of Luzon.
- It has 2 distinct seasons: dry from November to April and wet for the rest of the year. It is the coldest province in the region, with an average of 24 Degree Celsius.
- Eastern Tarlac is a plain, while Western Tarlac is hilly to mountains.

### ZAMBALES

#### HISTORY

- Its capital is Iba.
- Zambales borders Pangasinan to the north, Tarlac and Pampanga to the east, Batan to the south and South China Sea to the west.
- It has a land area of 3, 830.85 km<sup>2</sup>.
- 2<sup>nd</sup> largest among the 7 provinces of Central Luzon.
- The province noted for its mangoes, which are abundant from January to April.
- Zambales does not have a functional airport- the closest airport is Clark International airport.

Zambales is the home town of President Ramon Magsaysay, who is commemorated by the Birth Marker in Iba and the Ancestral House in Castillejos. Recreation in Zambales includes a trip to the fish sanctuary in Silangui Bay, diving in Capones and San Salvador Islands, and swimming the clear waters and silver sands of Iba. Subic Bay activities include jungle trekking and water sports, a trip to the Marine Exploratorium, Spanish Gate, Tappan Park and Grande Island.